

Map	Goal	Question and Answer
Emotion	Connect with Emotion	<p>Note: This is usually most easily accomplished through person telling his or her "story" -a recent event in which the person was "triggered" or when emotional pain was felt- and focusing on how that made them feel.</p> <p>Q: "How does that (what they are reporting) make you feel right now?"</p> <p>Alt: "What are you feeling right now as you think about (recent event)?"</p> <p>Note: If the person is "unable" to connect with his or her emotion, or if the person's emotion simply "goes away," follow protocol in the "SOLUTION" section of the map.</p>
	Allow Something to Come to Mind	<p>Note: Our goal is NOT for the person to search for something, try to think of something, come-up with anything, or look for something specific. Nor is it important that the person "filters-out" or discounts anything that may come to his or her mind. Rather, we want the person to have his or her attention on the emotion. The mind will do what it is designed to do.</p> <p>Q: "What comes to mind as you focus on what you are feeling?"</p> <p>Note: This question is open-ended and not limited to just memory. If a memory does come to mind, simply follow protocol in the "MEMORY" section of the map. If no memory comes to mind, this might be due to a solution/behavior and should be addressed by following protocol in the "SOLUTION" section of the map.</p>
Map	Goal	Question and Answer
Memory	Identify Core Belief (and Move Past Assumptions/Conclusions)	<p>Note: The purpose is to identify the person's lie-based core belief and discover why the person believes what he or she believes.</p> <p>Examples of Possible Core Beliefs: "I am worthless," "I was going to die," "I am a defect," "I am unlovable," "I am trapped," etc.</p> <p>Examples of Assumptions and Conclusions: "No one loved me," "Nothing I did was good enough," "They liked her more than they liked me," etc.</p> <p>Note: We seek to discover what the person believed at the time of the memory event. If what the person believed at that time still</p>

		<p>feels true, then the person still experientially believes it to be true. It is his current belief as well.</p> <p>Note: It is important that the person remain connected to his or her emotion throughout the entire process.</p> <p>Note: This is done by following the emotion. As a facilitator your role is to ask questions that both help the person remain connected to the emotion and identify the belief that is causing the pain.</p> <hr/> <p>Note: The next question you ask should be determined by the recipient's response to your previous question.</p> <p>Typically, the person will respond with a statement of belief ("They did not want me," "I could never please him," "My sister was the favorite," "I was going to die," "I am worthless," etc.) or of emotion (anxious, scared, worried, afraid, sad, stressed, tense, etc.).</p> <hr/> <p>In response to a belief statement:</p> <p>Q: "How does that make you feel?"</p> <p>Alt: "What does believing _____ feel like?"</p> <p>Alt: "How does that thought make you feel?"</p> <hr/> <p>In response to an emotion statement:</p> <p>Q: "Why do you feel that way?"</p> <p>Alt: "And you feel _____ because you believe what?"</p> <hr/> <p>Note: Occasionally the recipient's responses will begin to "loop" (They offer the same response a couple times in a row).</p> <p>In response to "looping" responses from the recipient:</p> <p>Q: "Why does believing _____ make you feel _____ ?"</p> <hr/> <p>Note: "Core Belief" consists of "Self-Identity" and "State-of-Being" beliefs.</p> <p>Examples: Self-Identity ("I am worthless," "I am a defect," "There is something wrong with me," etc.) State-of-Being ("I am going to die," "I am trapped," "Something bad is going to happen," etc.)</p>
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Map	Goal	Question and Answer
Belief	Establish Baseline for Later Reference	Note: When the core belief is believed to have been identified ask this question to establish a base-line: Q: "Not is it true, but does it feel true that...?" Note: It is this belief that we will offer to the Lord for His truth and then test to see if mind renewal (transformation) has occurred.
Map	Goal	Question and Answer
Truth	Ask the Lord for His Truth	Note: As a courtesy and for the purpose of further orienting the person to the process, you will want to ask: Q: "May we present that belief to the Lord?" Note: And when asking the Lord for His truth, remember to keep it simple. These are not the "magic words" that make something happen. Q: "Lord, what do you want (recipient's name) to know?" Alt: "Lord, what is your perspective?"
Map	Goal	Question and Answer
Transformation	Check for Mind Renewal	Note: It is vitally important not to assume that something happened, or did not happen, at this point. But rather, check for a change in belief before doing anything else. We accomplish this by asking if the LIE BASED BELIEF still FEELS true. Q: "Does it still feel true that...?" Alt: "Not is it true or was it true, but does the belief still feel true?" Note: Understanding that "we feel whatever we believe," if the belief still FEELS true, then the belief is still BELIEVED to be true. Likewise, if the belief no longer FEELS true, then it is no longer experientially BELIEVED to be true, and thus, mind renewal has occurred
	Check for the Presence of Other lie-	Note: It is important to apply the "clock principle" at this point. Before asking the recipient to check for additional negative emotion, you need to be aware of how much time you have left in

	<p>based beliefs (via emotions)</p>	<p>the session. If there are only 10 minutes remaining in the scheduled session, debriefing the session might be better use of your time (and theirs). Try your best not to "open-up" more than you are responsibly willing and able to deal with. Essentially, if you have time for another complete session, feel free to continue.</p> <p>Q: "What are you feeling right now?"</p> <p>Note: The purpose of this question at this point is to check for the presence of other lie-based experiential beliefs that may have been "triggered" during the ministry session. We do this by looking for negative emotion (remember, we feel whatever we believe). If the person feels negative emotion, this indicates that he or she still believes a lie.</p> <p>Note: If the person reports that negative emotion is present, proceed by following protocol in the "EMOTION" section of the map.</p>
<p>Map</p>	<p>Goal</p>	<p>Question and Answer</p>
<p>Solution De-solution Tool</p>	<p>Move Past the Solution/ Behavior</p>	<p>Note: The goal of this section of the map is to move past the person's solution/behavior either through connecting with the emotional "problem" it is being used to "solve" or by addressing the belief behind it, receiving truth, and moving forward. However, before the solution/behavior can be addressed, it must first be recognized (obviously).</p> <p>Note: Possible variations of people's "solutions" are limitless; the person's emotion goes away, no memory comes to mind, anger is preset, the person is unable to release truth-based pain, unforgiveness, vows, sinful behavior, demonization, no truth is received, etc.</p> <p>Note: Our beliefs produce what we feel and motivate our behavior. Because of this we can be confident that whatever is happening in the session is a direct result of the person's belief (Belief and Choice)AND the person will feel a sense of "resistance" at the thought of choosing to act in opposition to what he or she believes (to do the opposite of what he or she is doing).</p> <p>Q (1): "Do you sense any resistance or hesitancy at the thought of (doing the opposite of the solution/behavior)?"</p> <p>Note: The purpose of this question is not to merely have to the person attempt to "take the next step forward." Our goal is not to</p>

		<p>change behavior, but rather to further expose the beliefs that are determining the person's behavior.</p> <p>Note: This question helps the person get one step closer to the reason (belief) for why they are doing what they are doing.</p> <p>Q (2): "What do you believe would happen if you were to (do the opposite of the solution/behavior)?"</p> <p>Q (3): "So then, the reason for (doing the solution/behavior) is what?"</p> <p>[Note: This question helps to identify why the person has chosen to carry out the particular solution/behavior in which they are currently engaged. Their answer to this question is the "reason" for why they are doing what they are doing. Note: From here, follow protocol in the "BELIEF" section of the map.</p>
Map	Goal	Question and Answer
Not Sure Where you Are?	Determine Where you Are in the Process	<p>Note: For various reasons a facilitator can become "lost." If you ever become unsure of "where you are" on the map, you may ask one of the following questions that should provide you with information necessary for you to determine where the person is in the process. Then continue following protocol.</p> <p>Q: "What are you feeling right now?"</p> <p>ALT: "What is going on?"</p>
Map	Goal	Question and Answer
Potential Anger	Check for the Presence of Anger	<p>Note: There may be times in a ministry session where it appears as though the person is angry, but he or she has not reported it. Providing good orientation on anger prior to the session is ideal, however, if you are relatively certain that anger is present, and not in a position to help orient the recipient, you may ask the following question. This question helps due to one of the special characteristic of anger; it is felt towards people and circumstances:</p> <p>Q: "Is any portion of what you are feeling being felt towards any person or any thing?"</p> <p>Note: If "yes," then simply ask the person what he or she is feeling. They will likely say "angry." From here, continue following protocol in the "ANGER" section of the map.</p>

Map	Goal	Question and Answer
Anger	Determine the Object of the Person's Anger	<p>Note: The beliefs behind anger felt towards God are addressed slightly differently than the beliefs behind anger felt towards anyone or anything else. For this reason it is important to determine who or what the person feels angry towards. People often offer this information when explaining why they feel angry.</p> <p>For example: "I am angry at my sister because she didn't stop him," or "Because God didn't keep that from happening, I am mad at Him!"</p> <p>There are times, however, when a person will report why he or she is angry (or at least the fact that he or she IS angry) but do so without explaining who or what their anger is felt towards. In these cases simply ask the following question:</p> <p>Q: "Who or what do you feel angry towards?"</p> <p>Note: If the person reports that he or she feels angry towards God, than the next step is to identify WHY he or she is angry. This belief (the reason why they are angry at God) is the lie-based belief that the person will need to offer-up to the Lord for His truth and perspective. From here, simply continue following protocol in the "BELIEF" section of the map.</p> <p>Note: If the person reports that he or she feels angry towards anyone or anything except for God, then the lie-based belief behind the anger should be addressed using the "De-Solution Tool." From here, simply continue following protocol in the "SOLUTION" section of the map.</p>